

13 WEEKS **PCOD** **CONTROL PROGRAM**



GYNEC

From diagnosing to controlling

WEEK	SESSIONS
Week 1	1 st Session
Week 6	2 nd session
Week 13	3 rd Session

LIFESTYLE BUDDY

**A friend to hold you to a
better lifestyle**

- Onboarding
- Confirms bookings with Gynec & Nutritionist.
- Checks your attendance & CONSISTENCY check.
- Gets you motivated with calls once a week.

FITNESS TRAINING

Strength & Conditioning with weekly 1 day YOGA

Choose: Recorded, Live Group or Personal Training

WEEK	CONTENT
Week 1-4	Basics
Week 5-8	Moderate Progression
Week 9-12	Advanced
Week 13	Maximum Progression

DIETITIAN

To guide to a healthy eating

WEEK	CONTENT
Week 1 & 5	Sessions
Week 9 & 13	Sessions
Other Weeks	1 call weekly